Consolidation Review A

1 Choose the correct answer from a, b, c, or d.

1. After improving her sleep, diet, and relationships, Hind noticed a clear improvement in her **well-being**.

What does **well-being** mean in this context?

a. The state of being healthy, comfortable and happy.

b. The ability to become famous online.

c. The habit of avoiding all responsibilities.

d. The process of comparing yourself with others.

2. A podcast host invited only guests who agreed with his views and dismissed opposing opinions without discussing them fairly. Listeners described the program as **biased**.

Which situation is the clearest example of being "**biased**"?

a. A judge scores every performance according to the same published rules.

b. A judge gives a friend a higher score even though another performer clearly did better.

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c. A judge asks another official to review a result that is extremely close.

d. A judge changes a score after noticing a genuine mistake in the first calculation.

3. Constant **social comparison** made Ahmed feel that his life was less successful than the lives he saw online.

What does **social comparison** mean in this context?

a. Judging yourself by comparing your life with other people's lives.

b. Discussing social problems with friends.

c. Studying the traditions of different societies.

d. Sharing personal information online.

4. "A **mindful** student thinks before sharing photos online." The underlined adjective **mindful** has an antonymous meaning to ..... .

a. attentive

b. aware

c. thoughtful

d. careless

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5. The musicians attended several **rehearsals** before performing in front of the audience. What does **rehearsal** mean in this context?

a. A practice session held before a performance.

b. A competition between different musicians.

c. A public performance for a large audience.

d. A written review of a musical event.

6. Many students enjoy ..... music or painting in their free time.

a. create b. creating

c. to creating d. created

7. Nour decided ..... the school orchestra to develop her musical skills.

a. joining b. joined

c. to join d. join

8. When someone becomes completely absorbed in a creative activity and loses track of time, they experience a state of .....

a. flow b. anxiety

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c. withdrawal d. competition

9. After completing the difficult cycling trip, the narrator felt proud and experienced a strong .....

a. structural barrier b. screen boundary

c. sense of achievement d. social comparison

10. Setting clear screen-time ..... can help young people balance online and offline activities.

a. boundaries b. rehearsals c. achievements d. comparisons

11. Completing a difficult physical activity can give a person a strong sense of .....

a. failure b. boredom c. achievement d. addiction

12. Which persuasive technique is used in the sentence, "Do we really want to live in a world full of pollution?"

a. Hedging words b. Intensifiers

c. Rhetorical questions d. Absolute words

13. What is the main effect of a rhetorical question?

a. To make the reader think
b. To show uncertainty
c. To weaken an argument
d. To give detailed evidence

14. Which of the following is an intensifier?

a. might
b. never
c. extremely
d. could

15. What is usually included in the closing of a diary entry?

a. A final thought, feeling, or hope
b. A formal signature
c. A bibliography
d. A list of instructions

2 Only one sentence in each group is grammatically correct. Choose the correct answer.

1. a. Teenagers who practice mindfulness often manage stress more effectively.
b. Teenagers which practice mindfulness often manage stress more effectively.
c. Teenagers practicing mindfulness, they often manage stress more effectively.
d. Practicing mindfulness, stress manages teenagers more effectively.

2. a. If schools offer counseling, students may feel better supported.
b. If schools offered counseling, students may felt better supported.
c. If schools had offer counseling, students would have felt better supported.
d. If schools offer counseling, students would have felt better supported yesterday.

3. a. She suggested to take a short break from the screen.
b. She suggested taking a short break from the screen.
c. She suggested take a short break from the screen.
d. She suggested took a short break from the screen.

4. a. By the time we reached the river, the sun had already risen.
b. By the time we reached the river, the sun has already risen.
c. By the time we reached the river, the sun was already rise.
d. By the time we reached the river, the sun had already rose.

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3 Read the text, then answer the questions.

Nadia used to enjoy taking photos, but recently, posting them on social media had become stressful. Every morning, she checked the accounts of several popular teenagers before getting ready for school. Their clothes always looked fashionable, their rooms seemed perfect, and their weekends were full of exciting activities. Nadia began to feel that her own life was ordinary and uninteresting.

One Friday, Nadia and her best friend, Jana, went to a small café after school. They laughed, talked about their week, and shared a piece of chocolate cake. Nadia took several photos, but before posting one, she spent nearly twenty minutes editing it. She changed the light, removed a small mark from her face, and carefully chose a picture that made the café look more expensive than it really was. Finally, she posted it with the words, "Perfect afternoon!"

A few minutes later, the photo received many likes. At first, Nadia felt pleased. Then Jana looked at her and smiled. "It was a lovely afternoon," she said, "but it wasn't perfect. We waited thirty minutes for our food, and you almost dropped the cake!" They both laughed. Suddenly, Nadia realized something important. She was doing exactly what other people did online—showing only the best part of an experience.

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That evening, Nadia looked again at some of the accounts she usually followed. This time, she viewed them differently. Perhaps the people in those perfect photos also had difficult days, worries, and ordinary moments that nobody saw. She understood that comparing her complete life with someone else's selected moments was unfair.

Over the next few weeks, Nadia changed some of her online habits. She unfollowed accounts that regularly made her feel less confident and followed people who shared realistic stories and positive messages. She also reduced the time she spent checking her phone. Instead, she joined a school art club and began meeting Jana for walks on weekends.

Nadia did not stop using social media. She still enjoyed sharing photos and keeping in touch with friends, but she no longer measured a good day by the number of likes she received. She had learned that social media could be enjoyable and useful, but real confidence came from accepting herself and appreciating the life she actually lived.

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A. Choose the correct answer.

1. Nadia initially felt dissatisfied with her life because she ..... .
   a. compared her everyday life with perfect-looking online posts
   b. spent most weekends studying instead of meeting her friends
   c. believed her friends had stopped enjoying time with her
   d. wanted to become a popular photographer on social media

2. Nadia's edited café photo shows that social media users sometimes ..... .
   a. avoid changing photographs before showing them to other people
   b. share every difficult detail of their daily experiences online
   c. present experiences as better than they really are
   d. describe ordinary moments exactly as they happen in real life

3. The phrase "viewed them differently" in paragraph 4 suggests that Nadia ..... .
   a. wanted to improve the quality of the photos on her account
   b. decided that all social media accounts were completely dishonest
   c. became more interested in copying the lifestyles she followed
   d. developed a more realistic understanding of online content

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4. Choose an appropriate heading for paragraph 5.
   a. Creating the Perfect Photograph
   b. Making Healthier Online Choices
   c. Becoming Popular on Social Media
   d. Returning to an Old Lifestyle

B. Find evidence from the text:

5. Find a sentence from paragraph 3 that shows Nadia understood she was presenting only the positive side of her experience.

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C. Answer the following questions.

6. To what extent did Nadia's changes to social media habits improve her well-being? Justify your position with reasons and evidence from the text.

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7. Explain how Jana's comment helped Nadia recognize the highlight-reel effect in her own behavior. Use evidence from the text to support your answer.

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8. What can you infer about Jana's influence on Nadia's changes in attitude? Justify your answer to support your analysis.

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4 Read the Student Council message, then answer the questions.

Student Council message: Our well-being fair will offer free fruit, advice sessions, and a rest area. The snacks provided by local farms will be available to everyone, including students with different dietary needs. If you notice a classmate who seems overwhelmed, invite them to the support desk without making assumptions. Suggestions collected after the fair will help us plan a more welcoming event next term.

1. Identify two ways the fair aims to be inclusive. Explain how one of them could help a wider range of students.

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2. A student notices that a classmate seems overwhelmed during the fair. What responsible response should the student choose? Use evidence from the message and explain why it is respectful.

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5 Read the information, then decide whether the statement is true (T) or false (F). Justify your answer.

1. People usually post their happiest photos and most successful moments online. They often hide their ordinary days, problems and failures. As a result, their online lives may appear more perfect than they really are.

The highlight-reel effect happens when people share every detail of their lives honestly.

True	
False	
Justification	

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2. Omar wants to improve his speaking skills. He believes that regular practice will help him become a confident speaker. He continues working even when the activities are challenging.

A person with strong self-efficacy believes that they can achieve goals and make positive changes.

True	
False	
Justification	

3. Some teenagers want to exercise, but there are no safe parks near their homes. Others cannot join sports clubs because the fees are too expensive. These conditions limit their opportunities to be physically active.

Structural barriers are always caused by people's personal choices.

True	
False	
Justification	

6 Complete the sentences using the correct form of the word in brackets.

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1. Creative activities improve cognitive ..... **(flexible)** and help people adapt to new situations.
2. The two teams played ..... **(competitive)** until the final whistle.
3. The students participated ..... **(active)** in the school sports competition.

7 Complete the following text with the appropriate structure.

Last term, our school introduced a well-being program. If students (1) ..... **(attended)** the sessions regularly, they may find it easier to manage stress. The teachers explained that students (2) ..... **(follow)** healthy routines often perform better at school. If the program (3) ..... **(start)** earlier, fewer students would have experienced severe exam stress. Some students said that they (4) ..... **(feel)** more confident if counseling were available every day. If the program continues next term, the school (5) ..... **(organize)** additional mindfulness activities.

8 Find the word or phrase in the text that could meaningfully replace the words below.

Art lessons can give teenagers a special space to express themselves. In this setting, students are encouraged to give genuine responses, not copied ones. Drawing and drama

also support mental growth because learners think, imagine, and solve problems. When students work on a shared project, their participation usually increases. They also learn adaptability when their first plan does not succeed. Before presenting their work, a short practice can help them feel more confident and ready.

1. arena	→ .....
2. authentic	→ .....
3. cognitive	→ .....
4. engagement	→ .....
5. flexibility	→ .....
6. rehearsal	→ .....

9 Write an essay of about 150–180 words on the following topic.

"To what extent does social media affect teenagers' self-image?"

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